

Mandatory Stand-Up Talk

March 8, 2023

Wellness Wednesday: Mindfulness & Meditation

Mindfulness is being actively aware of the present moment, observing any thoughts and feelings that may arise without judgement.

Living mindfully means living in the current moment rather than dwelling on the past or anticipating the future. It has two key ingredients - awareness and acceptance. One goal of mindfulness is to bring greater inner peace. It can also be used to help reduce stress, anxiety, and pain.

Each person's experiences are different and may be influenced by their emotions. For some people, thoughts, fears, and/or stress can make it harder to appreciate the present.

Mindfulness can be practiced through meditation or in small sessions of stillness throughout the day. Meditation is a routine process of training your mind to focus on the present and redirect your thoughts.

Mindfulness and meditation can be practiced by:

- Sitting quietly and taking deep breaths
- Focusing on each breath and the accompanying sensations
- Allowing any thoughts and emotions to exist without judgement.

According to the [National Institutes of Health](#), meditation is a mind body practice that promotes calmness, relaxation, and overall health and well-being. Research suggests that practicing meditation may reduce blood pressure, anxiety, depression, and insomnia. It can also help many people to cope with illness.

Anyone can practice mindfulness and meditation. They are quick and inexpensive ways to reduce stress. Neither require equipment or space, so they can be practiced anywhere with just a few minutes a day.

Thank you for listening.

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